

So long as they were not positively harmful they would not be eliminated by the stress of competition.

It is contended by some psychologists that expressions of feeling are actually the causes of the mental states which they manifest—that we are glad because we laugh, ashamed because we blush, envious because we sneer, and angry because we tremble. This theory is difficult to sustain, and is in conflict with the fact that the same reaction—a blush for instance—may arise from either of two different feelings. There are believers in the idea that a cheerful disposition may be maintained by keeping a smiling countenance. This may be true : memories of a feeling may no doubt be recalled by the muscular reaction which ordinarily expresses it. And we may unhesitatingly believe that emotions and feelings are enhanced in influence by being muscularly expressed, just as panic may be increased by running, and courage by the bracing of self-control. Expressions of emotion may reinforce emotion, although they are its accompaniment, not its cause: enjoyment may be increased by laughter, although one may enjoy with an unsmiling face.

The expression of feeling is common to all the higher animals, and generally follows the lines that are instinctive with mankind. Anger may be shown by the lips, affection by the eyes, pleasure and displeasure by the voice,

ioy by  
spasmodic movements of the body.  
Birds tremble  
in the ecstasv of song. Dogs, like  
children, jump  
for ioy : there are those that can  
smile, or will,  
it is alleged, shed tears of orief.  
We must not confuse with these  
spontaneous  
reactions the behaviour which is  
accepted by our  
community as the proper means of  
expressing